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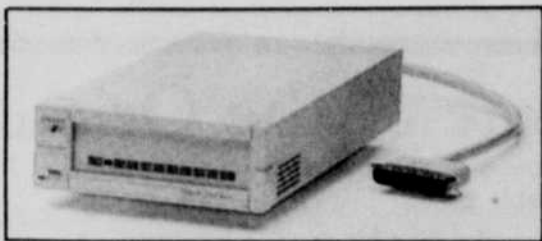
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Sports



Photo by Shu-Shing Chen

Peter Harmer, judo team consultant and sports medicine graduate student, throws Toshi Mori, judo team coordinator.

Judo team small, but promising

By Barbara Rogers
Emerald Contributor

Judo is unlike other martial arts that are similar to boxing because it compares to western wrestling. Instead of kicks and punches, judo combines techniques including holds, throws, arm-locks, and strangles.

"The principles on which judo are based are very sound. The application of physics makes it possible for the little person to throw the bigger person — it can almost be magical," said Peter Harmer, the University club sports judo consultant.

Harmer, a University

graduate student in sports medicine, developed the club sports judo program in 1980. He spent four years in Tokyo and



had the fortunate experience of representing the emperor as a member of the Imperial Palace Judo Team, Harmer said.

Presently the University team membership is rather low, but with four black belt members, the skill level is quite high. The judo club coach, K.C. Chng, is a silver medalist from the Southeast Asian Games. Another member, Kenji Sawanobori, is a Japanese prefecture champion while club coordinator Toshi Mori also is from Japan.

Although the club seems small and talented, the judo members hope to see an increase in new members. "Not many beginners go out, but they are very welcome. Many students take the P.E. judo class and then decide to continue with the club," Harmer said.

For Toshi Mori, judo serves as an outlet. "After studying hard, judo allows me to relax and reduce stress. I play because it's fun."

Developed from the traditional forms of "ju-jitsu," judo is a relatively young martial art, becoming an Olympic Sport in 1964. Women will compete for the first time in the upcoming 1988 Olympic Games.

The club competes and trains year round. The work outs are generally three evenings a week. On Dec. 5, the judo club will be traveling to Portland for the Obukan competition.

The Judo team invites any interested students to contact the club sports office for more information.

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